[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Brain injuries can happen in a car, at home, on a playground, or while playing sports; they can result in severe disability and even death. People of all ages are susceptible to brain injury which is a bump, blow, or jolt to the head or a penetrating head trauma that disrupts the normal function of the brain.

Fortunately, brain injuries *can* be prevented. *Everyone* needs to be properly buckled up while driving or riding in a car. For older adults, who are at greatest risk for falls, a regular exercise program can improve balance and agility. During sports, it's important to wear a properly fitted and maintained helmet and follow safety rules.

Thank you for joining us on A Minute of Health with CDC.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.